



Product Spotlight: Edamame Beans

Edamame pack more protein than an egg, making them a tiny-but-mighty choice for both meals and snacks. Their creamy texture and nutty flavour, so they are nutritious and delicious.



Californian Sweet Potato Salad

A colourful plant-based salad of roasted sweet potato and carrot, massaged kale, creamy avocado, and edamame beans, finished with cranberries, pecans, and a tangy harvest dressing for a fresh and wholesome meal.



40 minutes



Plant-Based



4/6 servings

Bulk it up!

To bulk up this dish, add roasted chickpeas, pepitas, or capsicum, fresh cherry tomatoes or cucumber.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	29g	68g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
CARROTS	2	3
GARLIC CLOVES	2	2
LEMON	1	1
HARVEST DRESSING	2x 100g	2x 100g
KALE	1 bunch	1 bunch
EDAMAME BEANS	2x 125g	3x 125g
AVOCADOS	2	3
CRANBERRY & PECAN MIX	2x 100g	2x 100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

KEY UTENSILS

oven tray

NOTES

Add a drizzle of balsamic glaze or pomegranate molasses to the roasted vegetables for a flavour punch.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **potato** and chop **carrot**. Toss on a line oven tray with **oil**, **3 tsp coriander**, **salt and pepper**. Roast for 25–30 minutes until tender.

6P – 1 tbsp coriander.



2. MAKE THE KALE DRESSING

Crush **garlic** and zest **lemon**. Add to a large bowl along with juice from 1/2 lemon (reserve remaining), 1 tbsp harvest dressing, 2 tbsp olive oil, **salt and pepper**.



3. MASSAGE THE KALE

Roughly chop **kale** and add to bowl. Massage **kale** into the dressing for 1–2 minutes to tenderise the **kale**.



4. LOOSEN THE DRESSING

Add remaining **harvest dressing** to a bowl along with **3 tsp water**. Whisk to loosen dressing.

6P – add 1 tbsp water.



5. PREPARE THE INGREDIENTS

Drain **edamame beans**, slice **avocados**, and roughly chop **cranberry and pecan mix**. Wedge remaining **lemon**.



6. FINISH AND SERVE

Divide **kale** among shallow bowls. Top with **roasted vegetables** (see notes), **edamame beans**, **avocado** and **cranberry and pecan mix**. Serve with **lemon wedges** and drizzle over **harvest dressing**.

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